Fall 2013	CVSC U7-U14 Recreational Guidelines					
Age Group	U7*	U8	U9	U10	U12	U14
Ball Size	3	3	4	4	4	5
½ Time (min)	N/A	25	25	25	30	35
Min Players	4	4	5	6	5	7
Max Players	5	5	8	9	8	11
Ref Check Injuries	By Coach ASAP	ASAP	ASAP	After Play Stop	After Play Stop	After Play Stop
Subs	Anytime	Anytime	Ref	Ref	Ref	Ref
Offside	N/A	N/A	Yes	Yes	Yes	Yes
Goal/Corner Kick	Yes	Yes	Yes	Yes	Yes	Yes
Free Kicks	No, Kick-in	No, Kick-in	Yes	Yes	Yes	Yes
Fouls	Coach Explain	Yes Explain	Yes	Yes	Yes	Yes
Throw Ins	No, Kick-in	No, Kick-in	1 Redo Demo	1 Redo Demo	Yes	Yes
Y/R Cards	No	No	Yes	Yes	Yes	Yes
	***No Referees for U7 Academy games**					

GAME DAY PROCEDURES:

1. Home team in GREEN and visiting team in YELLOW jersey.
2. Home team supplies game ball.
3. For the recreational program, home team and spectators should be on one side of the field and visiting team and spectators on the opposite side of the field. Coaches and substitutes shall remain in designated "technical" area at all times. Spectators should be outside of the "technical" area.

COACHES:

1. Request substitutions, attend to injury, provide tactical advice, and may be sanctioned.
2. Responsible for proper sideline behavior of players and parents.
3. Consider the "mercy" rules for good sportsmanship.
4. Obey the Code of Conduct and practice positive coaching methods.
5. Medical release forms required.

PLAYER CHECK-IN:

1. No jewelry, studs removed, no taping over.
2. Shin guards required and completely covered by socks.
3. No baseball/football shoes with toe cleats allowed.
4. U12-14 No Player & Coach Passes = No Game.

RECORDKEEPING:

1. U12-U14 Home team responsible for game card.
2. Center Ref record scores and cautions/sendoffs.
3. Center Ref return game card to CVSC match secretary for U12-U14.
4. Center Ref keeps ***ALL*** red-carded player & coach passes, 24 hr report

CVSC U7-U14
Recreational Guidelines & Contact Information
2013

HONOR THE GAME

Parents and coaches are expected to set an example by honoring the game. We encourage everyone to remember ROOTS—*respect for the **R**ules, **O**pponents, **O**fficials, **T**eams and **S**elf*.

We want to applaud effort over result. Help reinforce the ELM Tree of Mastery—***E**ffort, **L**earning*, and ***M*** for bouncing back from *Mistakes*.

For more information about these concepts visit: positivecoach.org

Age Group Coordinators	U7-U10 Girls: Kristy Willits U7-U10 Boys: Colin Moy U12-U19: Tristan Aasen
Referee Program Director	Ken Couche

www.castrovalleysoccer.com
24-7uksocceracademy.com
Alameda County Sheriff: 510-667-7721
HARD Park Ranger/Police: 510-881-6746
Check the Fields Status on the CVSC website for any updates regarding rain cancellations and field closures.